The Rural Methamphetamine Education Project (RMEP) has developed numerous research projects aimed at understanding the various facets of methamphetamine usage and production and the impact on families, communities, businesses, and the criminal justice system.

The RMEP has also developed a public education and awareness campaign that is delivered throughout North Dakota. Power Point presentations and booth displays have been tailored to accommodate professionals, community members, and students of all ages on the most current issues regarding methamphetamine.

**All information and services are free of charge.**

P.O.S.T. board hours are available for law enforcement. Continuing Education Units (CEUs) are available for social workers (LSW/LCSW/LICSW), licensed addiction counselors (LAC), licensed professional and clinical counselors (LPC/LPCC), first responders (EMS), and nurses.

This continuing nursing education activity was approved by CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

**For more information or to schedule a presentation please contact:**

Rural Crime & Justice Center  
A Minot State University Center of Excellence  
500 University Avenue West - Minot, ND 58707  
701.858.3440 or 800.777.0750 ext. 3440  
www.minotstateu.edu/rcjc  

Revised 8/2009
What is methamphetamine?

A highly addictive, synthetic stimulant that directly affects the central nervous system (the brain and spinal cord).

Affects four main neurotransmitters:
- Dopamine - pleasure system, motor control
- Epinephrine - appetite, mood, “fight or flight” response
- Norepinephrine - sleep, mood
- Serotonin - sleep, appetite

Comes in many forms including the four shown below. The colors can vary greatly and some forms are now flavored. Strawberry, chocolate, cola, cherry, orange, and vanilla have been identified.

Cost on the Street

The cost on the street can vary depending on purity levels and availability.

Price range in powder form:
- $100 - 200 per gram
- $1,000 - 2,500 per ounce

Prices increase in the crystal form.

Production

There are many different methods of producing methamphetamine. The following is a list of ingredients utilized in the “Nazi Method,” which is most common in North Dakota:

- Ephedrine or Pseudo-ephedrine (over-the-counter decongestant)
- Gasoline Additive (Heet or Iso-Heet)
- Lithium (batteries)
- Anhydrous Ammonia (commonly used as an agricultural fertilizer)
- Water
- Ether (starting fluid, brake cleaner, camping fuel, or paint thinner)
- Hydrogen Chloride Gas (combination of certain chemicals and salt)

Trafficcking

According to the DEA, no single drug-trafficking organization dominates the distribution of methamphetamine. Mexican poly-drug organizations have sources of supply in Mexico, California, and Washington.

Methamphetamine is transported into North Dakota via privately owned vehicles, Amtrak trains, and Greyhound buses.

Smaller quantities are mailed via U. S. mail and Federal Express.
**Children at Risk**

Children can be impacted by methamphetamine via prenatal exposure, lab exposure, or the drug-focused lifestyle of the parent or caregiver.

Potential effects on a baby during birth/infancy:
- Low birth weight
- Small head circumference
- Structural brain abnormalities
- Growth and developmental delays

Children whose parents abuse alcohol or drugs:
- Often have access to illicit substances, weapons, or needles
- Are often exposed to inappropriate sexuality and violence
- Often lack medical and dental care
- Often lack attachment with a caregiver
- Are 3x more likely to be abused
- Are 4x more likely to be neglected

Children exposed to methamphetamine are at greater risk for the following long-term effects:
- Behavioral problems
- Learning disabilities
- Hyperactivity/hypervigilance
- Unprovoked fits of anger

**Street Names**

Numerous street names for methamphetamine exist across the nation. The street names will vary depending on the dealer and the form being purchased. The following street names are common:

- Crystal
- Crank
- Chalk
- Zoom
- Chikin
- Tweak
- Anny
- Rocket
- G or Gak
- Ice or Glass
- Speed
- Nazi Dope

**Routes of Administration**

Methamphetamine can be introduced into the body in a variety of ways:
- Smoked (most common in ND)
- Injected
- Snorted
- Ingested
- Absorbed
  (through any mucous membrane)

The method of use determines:
1) the speed at which the drug reaches the brain;
2) the dose that is delivered; and
3) the intensity and duration of the drug's effects.

The route of administration may also influence the rate of progression from abuse to dependence, with more rapid movement to dependence for those who smoke or inject the drug.
People who use methamphetamine can exhibit a wide variety of both physical and psychological effects. These can vary greatly from person to person depending on the amount and frequency of use and the route of administration. Not all users will exhibit all signs; however, the effects listed are common in many users.

Once the drug is in the body, effects can be seen immediately:
- Euphoria (intense high)
- Heart rate increases
- Metabolism increases
- Blood vessels constrict
- Pupils dilate
- Body temperature rises

Short-term effects can include, but are not limited to, the following:
- Increased state of alertness
- Inflated sense of confidence
- Violent behavior
- Decreased appetite
- Hyperactivity
- Grinding teeth
- Paranoia
- Confusion
- Tremors
- Dizziness
- Palpitations
- Hyperthermia
- Seizures

If usage progresses, several long-term effects are possible:
- Lowered resistance to all types of diseases and ailments
- Rotten teeth, often referred to as “Meth Mouth”
- Extreme weight loss
- Scratching or picking at the skin causing sores and/or skin infections, often referred to as “Crank Bugs” or “Meth Mites”
- Intense body odor
- Persistent, compulsive, and repetitive behaviors
- Insomnia
- Mood instability (extreme highs to extreme lows)
- Severe depression (possibly leading to suicidal thoughts)
- Amphetamine psychosis

Concerns for Pregnant Women
- Often an unplanned pregnancy with little or no prenatal care
- Poor nutrition
- Poor hygiene
- Increased risk of communicable diseases (STD’s, HIV, and hepatitis)
- Poly-substance abuse (multiple drugs, nicotine, and alcohol)
- Domestic violence